



## Meno Ya Win

Indigenous Kidney Health Series

Learning Modules: LESSON PLANS

### Module 3: HOW TO KEEP YOUR KIDNEYS HEALTHY

#### CONTENT

- Ways to keep your kidneys healthy if you have risk factors for kidney disease.
- How to check if you have kidney disease.

#### LEARNING GOALS

By the end of this lesson, the patient and family will understand:

- Habits that can help keep kidneys healthy (healthy eating habits, physical activity, not smoking/vaping/chewing tobacco, limit alcohol, get enough sleep, manage stress).
- The importance of good control of high blood pressure and high blood sugar.
- Why over-the-counter medications, herbs and natural remedies may affect kidney function.
- How to check for kidney disease (blood test for creatinine and urine test for protein).

#### ASSESSMENT QUESTIONS

- Can you tell me what some of the risk factors for kidney disease are.
- What are your risk factors for kidney disease?
- What are some things that can keep kidneys healthy?
- What is one thing that you can change that would help protect your kidneys?
- What tests are done to check for kidney disease?
- What other questions do you have today?

#### OTHER PATIENT RESOURCES

- The Kidney Foundation of Canada: [www.kidneyinfo.ca/chronic-kidney-disease](http://www.kidneyinfo.ca/chronic-kidney-disease)
- My Kidneys My Health: [www.mykidneysmyhealth.com](http://www.mykidneysmyhealth.com)